

## Appendix 1 – Summary of Applications

Cultivate Fund applications recommended by the Recommendation Panel held on 13 October 2021, presented to the Communities, Social Mobility and Inclusion Committee for final decision.

<b>Applicant and Project Name</b>	<b>Project Description</b>	<b>Amount of funding requested</b>
<p>C3 Church</p> <p>C3 Impact Cambridge 2022 Wellbeing Programme</p>	<p>To take food trailers to Rural Community Hubs in areas of high need in South Cambridgeshire and to provide a co-ordinator to deliver a wellbeing programme.</p> <p>The Rural Community Hubs will offer food, advice and signposting support, including supporting users to learn new skills such as how to manage money more efficiently or how to secure a new job. Hubs will also signpost to services such as housing support, social services, CAB, legal and mental health charities. The wellbeing coordinator will recruit and train volunteers for the Rural Community Hubs.</p> <p>The wellbeing coordinator will also expand early intervention 1:1 support for pupils at risk of exclusion at Coleridge Community College in Cambridge, building on the C3's 'Transforming Lives for Good TLG' programme already provided at two other local schools.</p> <p>This project could potentially both supplement and alleviate pressure on the Cambridgeshire Local Assistance Scheme (CLAS) service through access to cheaper food / free food on a more regular basis. It should also ensure families are supported through the end of furlough and continuing financial disruption caused by COVID. Additional savings could result from prevention or community support for people with mental health issues, prevention of domestic violence incidents, prevention of family worker involvement and enabling further/higher education.</p>	<p>£15,000</p>
<p>Cam Sight</p> <p>Mobile Unit - North</p>	<p>To pay for drivers' salaries for a specially purposed vehicle fitted with low vision aids, equipment, and technology for delivering demonstrations in clients' homes, at peer support groups and within the community, and for raising awareness of Cam Sight's wider services. This service will benefit Fenland residents of all ages, living with blindness or low vision.</p> <p>This proposal is likely to help prevent, reduce and delay the demand for Adult Social Care services, in particular high-cost services related to older people such as home care,</p>	<p>£14,033</p>

	<p>and reablement after hospital discharge (for example, where an individual may have had a stay in hospital due to a fall). The Mobile Unit will deliver activities that help people to maintain their independence (such as linking them to daily living equipment and technology which can help them to remain living in their own home, especially in cases where individuals may be frail and have long-term conditions and/or reduced mobility putting them at risk of falls), tackle social isolation and loneliness, promote healthy living, support contact with local services (such as GPs and local voluntary organisations), as well as offering peer support and befriending.</p> <p>A key element of the outreach support delivered by the new Mobile Unit will be its home visiting service and this early intervention triage and assessment will contribute to identify where people may need additional information, advice and support to help them to maintain their independence and connect with their local community.</p>	
<p>Haddenham Arts Centre C.I.C.</p> <p>The Men's Potting Shed</p>	<p>To improve the health and wellbeing of local men over 65 by creating a 'Men's Potting Shed' and communal, accessible garden in Haddenham. The project aims to work with 19 older isolated men over a 20-week period to develop a community garden that will be a sustainable local resource.</p> <p>By connecting with this cohort and providing social engagement opportunities several positive outcomes could be achieved such as:</p> <ul style="list-style-type: none"> <li>• Improve health and wellbeing,</li> <li>• Increase independence and offer a sense of purpose for men who are lonely or isolated.</li> <li>• Increase community involvement and social networks promote residents' health and well-being</li> <li>• Improve mental health</li> <li>• Reduce feelings of isolation and loneliness</li> <li>• Offer informal learning opportunities</li> <li>• Improve cognition and dexterity</li> </ul> <p>The outcomes and premise of the project are very similar to that of the ICF Men's Shed project model linked to the Adult Social Care priority of 'connecting to the local community and staying well'. The Men's Shed project model offers a maximum funding limit of £2,000. Due to the parallels between the Men's Shed model and the Men's Potting Shed, the panel recommends a maximum grant offer £2,000.</p>	<p>£3,545</p> <p>Recommended reduced grant offer: £2,000</p>

<p>Headway Cambridgeshire</p> <p>'Getting Ahead': Resilience and Wellbeing Programme</p>	<p>To deliver the 'Getting Ahead' Resilience and Wellbeing programme based upon a social psychology model that is evidenced to improve wellbeing outcomes for people with mental health problems, physical disabilities, cardiac problems, brain injury, and chronic pain. The direct beneficiaries of the project are adults and families who have significant disabilities and impairments. The Fenland-based programme aims to work with 60 people and will be open to all Cambridgeshire residents.</p> <p>The programme aims to build resilience and personal outcomes through a 5-pillar programme, building overall wellbeing and increasing social interaction whilst fostering peer group relationships. The programme will offer support to people earlier after their injury, cardiac arrest or ill health, to build resilience and develop a new earlier intervention model that either delays or prevents the need for adult social care and secondary healthcare services and allows them to maintain their independence for longer.</p>	<p>£12,693.84</p>
<p>Kings Hedges Family Support Project</p> <p>Pandemic recovery and early years support with KHFS</p>	<p>To help 30 local families to recover from the effects of the pandemic by offering services to children aged 0-3 years and support to parents in the Kings Hedges area of Cambridge. This will include the provision of specialist activities designed by an Early Years practitioner to support children's speech and language development, which is an identified area of increased need due to the effects of the pandemic. The project will also increase financial advice services for parents.</p> <p>By addressing the barriers to speech and language and emotional literacy (being school ready and increasing social mobility) for children in disadvantaged families negatively impacted by the pandemic, this project will enable development of professional relationships in an appropriate environment to pick up on mental health, financial and relationship issues caused or exacerbated by the pandemic. This may prevent family breakdown and reduce the need for higher tiered and targeted professional interventions.</p> <p>The project will also enable a timely signposting and advocacy service linking to women's aid, disability services, voucher schemes to alleviate poverty and charity partners for small grants to improve living conditions.</p>	<p>£15,000</p>
<p>Ramsey Neighbourhoods Trust</p>	<p>To provide boxing fitness sessions for rurally/socially isolated young people in Ramsey who are at risk of making poor life choices which could escalate and lead to more intensive and costly interventions. The offer includes a year-long programme of 'Boxing for Wellness' and is made up of</p>	<p>£13,574.23</p>

<p>Boxing for Wellbeing</p>	<p>3 terms of 10wks boxing fitness sessions with a trained coach from Boxing Futures and Youth Worker support, and 12 fully funded one-to-one sessions with the Young Peoples Counselling Service (YPCS) for 6 individuals and 6 1-hour group sessions.</p> <p>This project will encourage young people to get out in the community and the added counselling support alongside the boxing will ensure a full package of support for a young person. This will address the physical and mental health of the young person and improve social and community relationships and has the potential to prevent referrals to Early Help for Young People's Workers and Family Workers and to reduce referrals to counselling services for young people. The project may also enable young people to access services in a more timely manner to prevent escalations of need which often carries a far higher cost (CAMHS linking to school refusal and NEET potential, family breakdown, independent living costs, YOS etc).</p>	
<p>St Peters Church, Yaxley Yaxley 4 Youth</p>	<p>To provide a paid Community Youth Worker to work with all youth organisations in Yaxley to ensure youth services are co-ordinated and the maximum benefit is afforded to all local youth, without discrimination. This Youth 'umbrella' organisation will offer a safe environment with trusted adults where the voices and needs of young people can be heard, addressed and met.</p> <p>This is a 2-year project requesting match funding for a Community Youth Worker that will work with youth organisations in Yaxley in line with the Community Youth Worker Cultivate model. The project aims to support 100 young people and focuses on improving youth emotional and mental health and well-being/resilience. A joined-up approach across Yaxley would allow this project to map needs and fill gaps as issues continue to emerge post pandemic. There is potential to work with young people involved with Early Help and the Youth Offending Service and to prevent them and others from needing a higher tiered intervention (Early Help / to remain in school / Counselling intervention).</p>	<p>£15,000</p>
<p>The Edmund Trust SPLAT (Sing Perform Learn Act Together)</p>	<p>To expand on the success of Happy Feet Troublemakers performing arts classes and help more people of all ages with disabilities to learn new skills, become more independent and improve their confidence. Alongside the Splat drama group sessions will be the offer of a "matched" befriender to enable the child/adult to have independent time away from family and carers. The befriender will support the child/adult with outcomes such as building confidence,</p>	<p>£14,985</p>

	<p>reducing isolation, improving well-being, money skills, and travel training. These outcomes will be person-centred and focused on developing new skills and independence. The project will be based at Eddie's day service provision in March, Fenland.</p> <p>This project has the potential to help reduce individual's care and support needs. The project falls within the key theme areas of our Cambridgeshire and Peterborough Learning Disability and Autism Commissioning vision.</p>	
<p>Young People's Counselling Service (YPCS)</p> <p>Young People's Counselling Service - Wisbech</p>	<p>To provide free integrative therapeutic counselling and creative therapy sessions for 25 children and young people aged 5-18 at YPCS's new centre in Wisbech. The project will also offer family support through group work to help families understand the mental health of their child/young person to enable them to provide appropriate support. It will also facilitate access to other services in order to improve the family circumstances.</p> <p>There has been an increase in demand for mental health support over the last 12 months locally which this service will help to meet. This project will also help to reduce demand on Early Help and CYP services and support children, young people and families to access support prior to there being a need for an EHA.</p>	£15,000
<b>Total grant offer:</b>	<b>£117,286.07</b>	